



# Friendship Heights VILLAGE NEWS



**Schwartz headlines  
Glaucoma Event,  
see page 13.**

JANUARY 2019 VOLUME 35, NO. 1 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) 301-656-2797

## An insider's view of the Carter White House

Chief White House Domestic Policy Adviser for President Carter, Stuart Eizenstat, will discuss his new book on **Monday, Jan. 7, at 7 p.m.**, at the Village Center.

In his book, "President Carter: The White House Years," Eizenstat presents an intimate, firsthand history of the administration he says is "one of the most unappreciated, but most consequential and accomplished one-term presidencies in modern American history."

Mr. Eizenstat was on the White House staff of President Lyndon Johnson (1967–68); President Carter's Chief White House Domestic Policy



Adviser (1977–1981); and U.S. Ambassador to the European Union, Under Secretary of Commerce for International Trade, Under Secretary of State for Economic, Business & Economic Affairs, and Deputy Secretary of the Treasury, as well as

**Continued on page 5, see Eizenstat**

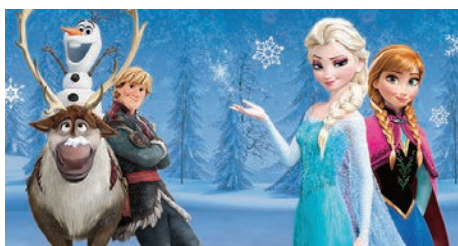
## "Frozen" party features Disney fun for kids *Stop by a little early for a chilly STEM activity too!*

Children ages 12 and under are invited to watch and sing along to Disney's "Frozen" on **Friday, Jan. 25, at 5:30 p.m.**, at the Village Center.

Children can enjoy pizza at 5:30 p.m.; the movie starts at 6 p.m. Kids are encouraged to dress up as Elsa, Anna, Olaf or any other Disney character. Sleeping bags and pillows are also welcome. Children must be accompanied by an adult.

Also, come to the Center before the movie at 4:30 p.m. for a free "Frozen"-inspired Science, Technology, Engineering and Math (STEM) activity, led by Andreea Revulchi. We'll be making frosted slime.

Andreea is a sophomore at Bethesda—Chevy Chase High School



and will be leading our STEM club beginning in February.

The events are free, but pre-registration is required. Sign up by calling the Village Center at 301-656-2797, no later than Wednesday, Jan. 23. Please let us know if you are attending one or both events. For more information about the movie or the STEM activity, please call the Village Center or email Anne O'Neil at [aoneil@friendshipheightsmd.gov](mailto:aoneil@friendshipheightsmd.gov).



## Catch the big game on our big screen

Even if the home team doesn't make it to Atlanta, you can still enjoy the thrill of the big game with your neighbors in the Village. Join us for a super party on **Sunday, Feb. 3**, as we watch the game on our giant screen. No football knowledge is necessary—just come and have fun! Bring the whole crowd for this family event. We'll have a game-day spread at half-time, with treats to satisfy the football fans and foodies!

Doors open at 5:30 p.m., with the kickoff at 6:30. The party ends at the end of the game. The Village Shuttle will depart from the Center just after the conclusion of the game.

Please note this is a family-friendly event so no beer will be served—just beer commercials! The cost is \$5 per person and includes admission and half-time treats, including small sandwiches and other party fare.

Pre-registration is required. Sign up at the Village Center. A limited number of spaces will be available for walk-ins at a cost of \$10.

For information, call the Village Center at 301-656-2797.

**Free Glaucoma screenings, see page 13.**



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## A musical tea with Mark Hanak

Put a little music in your afternoon as the Village Center hosts pianist Mark Hanak during a special Tuesday Tea on **Jan. 15, from 3 to 4 p.m.**

Served weekly by Village volunteers, the tea features hot coffee, tea, cookies, fruit and other treats.

Mark has been entertaining from the keyboard since he was 12 years old. He started piano lessons in third grade and studied organ performance in college. He is a graduate of The Catholic University of America School of Music. He and his wife Martha live in Myersville, Md., on a farm, which they share with Max the Border Collie and stacks of sheet music.

The event is free. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.



## Friendship Heights VILLAGE NEWS

**www.friendshipheightsmd.gov**

**Email: info@friendshipheightsmd.gov**

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space in the February issue is Jan. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# Village Council Update

## County proposes to expand dockless vehicle program

At the December 10 Council meeting, Sande Brecher, Chief of Commuter Services for the Montgomery County Department of Transportation, gave a presentation on the proposed expansion of the County's pilot program for dockless vehicles. The expansion would include electronic bicycles (e-bikes) and possibly electronic scooters (e-scooters). E-bikes have just been introduced in North Bethesda, and other areas for consideration include Friendship Heights, Chevy Chase, Bethesda, Veirs Mill and Wheaton.

The County has asked local jurisdictions if they would like to opt in to the expanded program. If the Village decides not to opt in, users of the dockless vehicles would not be permitted to end a trip or park the vehicle on Village streets or sidewalks.

The pilot program was launched in 2017 with dockless bicycles in Silver Spring and Takoma Park. Dockless bikes do not require docking stations

and are self-locking. A County survey following the initial pilot revealed that most people favor continuing and expanding the program. Of the four bikeshare companies originally involved, only one—LimeBike—remains.

Under County guidelines, dockless vehicles can only be parked in designated areas that do not impede pedestrian access, fire hydrants, street furniture, bus stops or interfere with traffic.

The company is required to move improperly parked vehicles.

The Council is expected to take action at the January 14 Council meeting on the question of opting in to the pilot program expansion.

## Free prescription assistance program



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and no restrictions on membership. Maryland residents can obtain a free card, search drug pricing, and locate participating pharmacies by visiting [www.MarylandRxCard.com](http://www.MarylandRxCard.com).

## Page Park tree removed

The large ash tree in the back of Page Park was taken down on December 10. Adirondack Tree Experts removed the tree and leveled the stump. As shown in the photo below, sections of the trunk were virtually hollow, demonstrating significant rot.



*Photos by Christine Mansfield*

There were no actions taken at the December 10 Council meeting.

*The next Council meeting, open to the public, will be Monday, January 14, at 7:30 p.m.*

## Learn the secrets to tackling clutter

Do you feel bogged down by all your stuff? You are not alone. American homes are bigger than ever and the storage industry is booming! The statistics are staggering. The research, though, is clear. Our abundance of stuff has not made us any happier. If you're ready for a change, join us on **Wednesday, Jan. 30, from 1 to 2 p.m.**, for a decluttering clinic with professional organizer Peggy Goetz.

In this workshop you will learn five simple decluttering strategies to enable you to whittle down your things to those that matter most, those which bring you joy!

Ms. Goetz is an artist, educator and coach. As a professional organizer with Mindful Decluttering and Organizing, she uses a mindful, non-judgmental approach to help people face their clutter. When working with clients she not only clears the clutter, she teaches her clients a variety of strategies for keeping their clutter at bay!

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.



## Ever wonder what your lips are saying about you?

Just in time for Valentine's Day, certified lipsologist Ariana Lightningstorm (aka Anna Snodgrass) will entertain us with lip print readings at the Village Center on **Friday, Feb. 8, from 3 to 4 p.m.**

Lipsology, the art of lip print reading, is a fun, yet skill-based tool (similar in some ways to handwriting analysis) that can be used to learn about personality traits, energy levels and

states of mind. Ariana, whom many will recognize as a long-time fortune teller at our July 4th celebration, is one of only nine certified lipsologists worldwide.

There are 25 categories of lip prints and more than 100 sub-categories, so there are a lot of data for a lipsologist to read and learn about you. This information is gathered based on the size, shape, color intensity, and special markings of your lip prints.

Using kiss cards, Ariana will collect the lip prints of guests at her "kissing station" and then will interpret select lip prints with humor and skill. Whether you're having your lip print read, or just listening to Ariana's interpretations, it promises to be a fun and entertaining afternoon.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.



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## Let's tour the Bible Museum

Stay close to home and visit an attraction downtown this winter when we tour the Museum of the Bible on **Thursday, Jan. 10**. Located near the Capitol, the museum opened in 2017 with 1,150 items from the museum's permanent collection and 2,000 items on loan from other institutions and collections.

The museum claims to have amassed one of the largest assemblies of biblical artifacts and texts in the world through collaborations with private donors, institutions, and other museums.

We'll depart from the Village Center at 9:15 a.m. and should return by 3 p.m.

Dine on your own at the museum's Manna café, featuring Mediterranean cuisine or enjoy lighter fare at Milk and Honey. After a morning tour, you can explore more of the museum, including its extensive gift shop.

The cost of the trip is \$49, which includes round-trip transportation, admission and highlights tour, and all taxes and gratuities.

Sign up immediately at the Village Center. The deadline to register for this trip is Monday, Jan. 7. For information, call 301-656-2797.

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Eizenstat, continued from page 1

Special Representative of the President and Secretary of State in the Clinton Administration (1993–2001). In the Obama Administration he was Special Adviser to the Secretary of State throughout the two terms.

Please note that due to a scheduling conflict, this event has been rescheduled from the original December date.

Please let us know if you plan to come by calling 301-656-2797. Copies of the book will be available for purchase.



The Village Book Club will meet on **Tuesday, Jan. 15, at 11 a.m.** The book selection is "Varina" by Charles Frazier. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

**Thursday, Jan. 3, 7 p.m.—Movie—“Mamma Mia — Here We Go Again”**— In this sequel to the 2008 movie, Sophie wonders how she can go through her pregnancy alone. She soon learns that her mother, Donna, was also young when she had her baby. Donna’s early adulthood is chronicled in the film, including her relationships with Sam, Harry and Bill, anyone of whom could be Sophie’s father. Rated PG 13. Running Time: 113 minutes.

**Thursday, Jan. 10, 7 p.m.—Movie—“Hereditary”**— A family begins to unravel a terrifying past following the death of their matriarch. In this horror movie, the family discovers the horrifying truth of their heritage and their ancestors, slowly revealing the nightmare they inherited. Rated R. Running Time: 127 minutes.

**Thursday, Jan. 17, 7 p.m.—Movie—“Molly’s Game”**— Molly Bloom’s life made a dramatic turn when she put behind her the desire to have an Olympic skier career and

became a successful high-stakes poker entrepreneur. After a decade of running the world’s most exclusive underground poker game, Molly finds herself in hot water with the FBI. Rated R. Running Time: 94 minutes.

**Thursday, Jan. 24, 7 p.m.—Movie—“Eighth Grade”**— For eighth-grader Kayla, the task at hand is getting through the last week of middle school without losing her mind. As a bit of a loner, she will pretty much have to go it on her own. Her most vital interaction with the outside world comes through the YouTube videos she posts online. Rated R. Running Time: 140 minutes.

**Thursday, Jan. 31, 7 p.m.—Movie—“Peppermint”**— Riley North finds most of her life has been taken away from her after a horrific drive-by shooting at the hands of a vicious cartel. After she sees that the criminals are able to walk free, Riley takes it upon herself to gain revenge. Rated R. Running Time: 102 minutes.



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# ART and CULTURE

## Friendship Heights photography students show off their work

The January All Photography Show is an exhibit designed to showcase the evolving photographic artistry of instructor Llewellyn Berry's adult class students and the young people's class. "Both groups are diligent in their approach to grasping concepts and skills that foster their interest and passion in the photographic arts," said Mr. Berry.

He added, "What is ultimately important about student work is what they see and choose to capture and their evolving skill set. In their short time in class, they make remarkable progress."

In addition to student work, professional photographic artists have been invited to round out the exhibit experience for students and visitors to Friendship Gallery. Artwork presented in this exhibit ranges from traditional black and white film images to contemporary photographic images processed with the latest digital enhancement programs.

Students in the youngsters' class range in age from 10 through 16. Students will be available to discuss their approaches to photography and what classes meant to them.

Please join us for a chance to meet the artists during a reception on **Sunday, Jan. 13, from 11:30 a.m. to 1:30**



**Photography instructor Llewellyn Berry, left, goes over the finer points of camera use with student Greg Gottlieb.**

**Mr. Berry's students' work will be featured in the January exhibit in the Friendship Gallery.**

**p.m.** The exhibit begins Jan. 7 and will run through Feb. 2. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

## Fine art and fun for kids at our summer art camp

Our weeklong art camp for children returns

**Monday, June 24, through Friday, June 28.**

Run by our curator Millie Shott, the camp offers children ages 6 to

12 a fun way to tap into their individual creative genius.

The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands. Children will complete a variety of art projects, ranging from painting to pottery, to printmaking and jewelry. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center.

Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up by March 1 and pay only \$225 per child. Please register in person at the Village Center to ensure a space. Call 301-656-2797 for details.



### Inclement Weather Policy

Please note that in the event of inclement weather, the Village Center will be closed if the Federal Government is closed.



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Friendship Heights  
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Calendar  
of Events

2019

J A N U A R Y						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Reminder: The AARP Safe Driver Class, originally scheduled for November, will take place Jan. 17, from 10 a.m. to 3 p.m.</div>		<div>12 – 3:30 p.m.: New Year’s Day Open House Shuttle runs 1:30 to 4 p.m.</div>	<div>29:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess</div>	<div>38:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Mamma Mia: Here We Go Again</div>	<div>49:15 a.m.: Drop–In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</div>	<div>58:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography</div>
	<div>69:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>79:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Book Signing with Stuart Eizenstat</div>	<div>88:15 a.m.: Walking Club 10 a.m.: Village Playtime: Multi-Generational Sing-Along 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30– 3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Therapy 3–4 p.m: Tea 6:30 p.m.: Mat Pilates</div>	<div>99:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: All in the Eyes 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: Suburban Lecture: Shingles 5:30 p.m.: Community Advisory Committee 7 p.m.: Concert: Robert Statham</div>	<div>108:15 a.m.: Walking Club 9:15 a.m.: Depart for Bible Museum 11 a.m.: Still Life and Beyond 10:30: Chair Yoga 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Hereditary</div>	<div>128:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10 :30 a.m.: Basic Photography</div>
	<div>139:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 11:30 a.m.– 1:30 p.m.: Art Reception</div>	<div>149:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</div>	<div>158:15 a.m.: Walking Club 10 a.m.–2 p.m.: Village Playtime 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30– 3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Musical Tea with Mark Hanak 6:30 p.m.: Mat Pilates</div>	<div>169:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: All in the Eyes 11 a.m.: Chair Exercise 12 p.m.: Chess</div>	<div>178:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 10 a.m.–3 p.m.: AARP Safe Driver 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Molly’s Game</div>	<div>198:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10 :30 a.m.: Basic Photography</div>
	<div>209:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>219:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books Martin Luther King, Jr. Day Center open 9 a.m to 2 p.m. Shuttle runs on weekend schedule</div>	<div>228:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman-Wood 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30– 3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m: Tea 6:30 p.m.: Mat Pilates</div>	<div>239:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: All in the Eyes 11 a.m.: Chair Exercise 12 p.m.: Chess 5:30 p.m.: Program Advisory Committee 7 p.m.: Concert: Seriously Fun Singers</div>	<div>259:15 a.m.: Drop– In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 4:30 p.m.: Frozen STEM event 5:30 p.m. Children’s “Frozen” movie and pizza</div>	<div>268:15 a.m.: Walking Club 10 a.m.: Charles Schwartz Talk on Glaucoma 9:30 a.m.: Children’s Photography 10 :30 a.m.: Basic Photography 11:30 a.m.–1:30 p.m.: Free Glaucoma Screening</div>
	<div>279:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>289:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 1 p.m.: Strength Training</div>	<div>298:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30– 3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m: Tea 6:30 p.m.: Mat Pilates</div>	<div>309:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: All in the Eyes 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: Tackling Clutter 7 p.m.: Concert: Ginny Carr</div>	<div>318:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Peppermint</div> <div>Please donate your old eyeglasses</div> <div>Each month, the Leisure World Lions Club picks up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the less fortunate, particularly in developing countries.</div>	

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

Thank you generous neighbors!

A big thank you to all the Village residents who donated canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.







# CLASSES AND CLUBS

**PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

## ART

### ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., through Feb. 22.

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Jan. 9–Feb. 13. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary.

\$75 for residents; \$80 for nonresidents.

### PAINTING FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., Jan. 8–Feb. 12. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks and glues. The cost is \$60 for residents; \$70 for nonresidents. Minimum number of students is eight; maximum is ten.

### BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., through Jan. 26.

### BASIC PHOTOGRAPHY FOR CHILDREN

An 8-week course in black and white and color photography for children.

Taught by Llewellyn Berry, Saturdays, 9:30 to 10:30 a.m., through Jan. 26.

### STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., through Feb. 14.

## EXERCISE

### BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Jan. 8–Feb. 12. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Jan. 4–Feb. 8. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

### CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Jan. 9–Feb. 13. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

### DC TAI CHI (INTRODUCTION)

An 8-week class, Mondays, 9:30 to 10:30 a.m., Jan. 7–Feb. 25. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for more information.

### DC TAI CHI (ONGOING)

An 8-week class, Wednesdays, 9:30 to 10:30 a.m., Jan. 9–Feb. 27. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for details.

### MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Jan. 8–Feb. 12. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

### **CHAIR YOGA & MEDITATION**

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Jan. 10–Feb. 14. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

### **SPANISH CONVERSATION**

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group Thursdays, 4 to 5:30 p.m., until Feb. 7. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

### **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50 p.m., Jan. 7–Feb. 25. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet on Jan. 21 nor Feb. 18.

### **YOGA**

A 10-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's Cherryblossom Yoga. Sundays, 9:10 to 10:30 a.m., Jan. 6–March 17. This session includes semi-strenuous postures, stretches, and coordinated

breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for two hours before class. Class will not meet Jan. 20. \$150 for residents; \$160 for nonresidents.

## **ONGOING GROUPS**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

### **CHESS**

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

### **DROP-IN TAI CHI**

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

### **GREAT BOOKS GROUP**

Book lovers participate in lively discussions from books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

### **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Note new meeting time: the second Tuesday of every month, 3 to 4 p.m.

### **TEA**

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 5.

### **VILLAGE BRIDGE CLUB**

The bridge club meets Mondays, 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

### **VILLAGE PLAY TIME**

Toys are set out at the Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Music is performed the second and fourth Thursday of the month.

### **VISION SUPPORT GROUP**

Meets once per month; check calendar for day and time. Call Janet Morrison at 301-538-9358 for details. See page 13.

### **WALKING CLUB**

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



# CONCERTS



**During January, February and March, concerts are held on the second and fourth and, if applicable, the fifth Wednesday of the month from 7 to 8 p.m. in Huntley Hall in the Friendship Heights Center.**

**Wednesday, Jan. 9 — Robert Statham** — Pianist Robert Statham presents a program of some of Rachmaninoff's most beautiful and most beloved piano pieces. After a performance of Rachmaninoff's "Piano Concerto No. 3," The Washington Post wrote, "The soloist played with ease and self-confidence one of the most difficult pieces ever written for piano." Statham has been an award winner from the very beginning of his career, winning the Chopin award for gifted young pianists and a mayoral citation in Baltimore.



**Wednesday, Jan. 23 — Seriously Fun Singers**— In anticipation of Valentine's Day, the Seriously Fun Singers of Chevy Chase/Bethesda will serenade Village residents with songs around the theme, "The Arc of a Love Affair," at the Village Center. The songs will take listeners on a journey through the many stages of a relationship, from joyful discovery through tough times, to an ultimately redemptive ending. The program will represent an eclectic mix from 200 years of American song, ranging from an early American madrigal, "Once I Had a True Love," through turn-of-the-century barbershop and World War II-era swing, into the '50s to '70s with "When I Fall in Love," Beatles hits, James Taylor's "Your Smiling Face," and Burt Bacharach's "I'll Never Fall in Love Again."

The Seriously Fun Singers (SFS) is a group of two dozen seasoned choristers who enjoy singing an eclectic mix of Broadway show tunes, folk songs and classics from the American Song Book. They meet once a week in different singers' homes under the direction of pianist, conductor and composer Andrew Welch, assistant conductor and keyboard artist of the Georgetown Chorale.

**Wednesday, Jan. 30 —Ginny Carr** — Ginny Carr is a versatile pianist, singer, composer, arranger, bandleader and clinician. Inspired by the great writers and performers of jazz and Broadway, she has become a world-renowned songwriter, arranger, and lyricist of distinction. Her original songs and arrangements have been published by the nation's most prestigious vocal jazz catalogs and purchased by performers and jazz choirs worldwide. Ginny is the leader of "Uptown Vocal Jazz Quartet", an internationally acclaimed vocal jazz group that has recorded top-selling albums and built a following on five continents. They have been interviewed two times on NPR, topped the Billboard Jazz Charts, been played extensively on countless radio programs worldwide (including Satellite Radio), and been invited to perform and record with world-famous jazz musicians. As a solo artist, Ginny has entertained many notable guests, including foreign ambassadors, senators and members of Congress.

## Multi-generational sing-along

Sing some classic children's songs with Marsha Goodman-Wood and the toddlers at Village Playtime when we host a multi-generational sing-along at the Village Center on **Tuesday, Jan. 8, at 10 a.m.** Marsha is a singer/songwriter performing her own original songs for kids and well-known favorites guaranteed to get the audience singing and dancing. Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver. All ages are invited!

For more information, call the Village Center at 301-656-2797.

### ***A Note from the Program Director***

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.



## TO YOUR HEALTH

### Hear nationally recognized glaucoma expert Arthur Schwartz

In celebration of January as Glaucoma Awareness Month, Arthur Schwartz, M.D., a nationally recognized expert on glaucoma will speak at the Friendship Heights Village Center on Saturday, Jan. 26, at 10 a.m. Doors open at 9:30 a.m. A pioneer of the use of laser technology in the treatment of glaucoma, colleagues have selected him as one of the top glaucoma specialists nationwide in the original publication

“Best Doctors in America.” In addition to his well-recognized clinical practice at Washington Eye Physicians and Surgeons, Dr. Schwartz has given more than 150 lectures, written more than 100 published articles, and authored eight book chapters dealing with glaucoma. He served as a principal investigator for multiple National Institutes of Health studies and numerous other related studies. Dr. Schwartz is also a clinical

professor at Georgetown University School of Medicine, and the Chief of Glaucoma Services at both MedStar Washington Hospital Center and MedStar Georgetown University Hospital. Come hear Dr. Schwartz discuss current information to protect your sight, cutting-edge research and upcoming advances. After the program, have your eyes checked for glaucoma!

### Free glaucoma screenings January 26



Hal Morrison, Director of the Adult Vision Screening Program for the Prevention of Blindness Society of Metropolitan Washington, will be providing free glaucoma screenings on Jan. 26, from 11:30 a.m. to 1:30 p.m., at the Village Center.

POB, a nonprofit organization, has been saving the sight of Village residents for more than 25 years. Glaucoma is one of the leading causes of irreversible blindness in the United States

—three million are diagnosed and the same number are believed to be undiagnosed. Commonly known as the “silent thief” of sight, glaucoma has no noticeable symptoms and gradually becomes worse over time. Glaucoma is a group of eye diseases that damage the optic nerve from increased pressure built up in the fluid of the eye. The disease affects your peripheral vision and narrows the field of vision. The damage caused by glaucoma is irreversible. Early detection, achieved through an annual dilated eye exam, is the greatest method to prevent vision loss and blindness!

Anyone can develop glaucoma. You are at a higher risk for the disease if you are African American and over the

age of 40, everyone over age 60 (especially Hispanics), have a family history of glaucoma, or have other health conditions, such as diabetes.

The event is in celebration Glaucoma Awareness Month.

### Shingles: It's more than a rash

Almost one out of every three people in this country will develop shingles. Viewed as just a painful rash, treating shingles in a timely manner can prevent serious long-term consequences. Join Dr. Janna Lachtchinina as she discusses the signs, symptoms, treatments and prevention of shingles during this month's Suburban Lecture on **Wednesday, Jan. 9, from 1 to 2 p.m.**, at the Village Center.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.





## Celebrating the season with stories and sweets!

Children enjoyed seasonal stories and decorated gingerbread cookies during a special Village Playtime in December.

Photos by Romonika D. Sharan



## Our Listings in the Friendship Heights Community

### FOR SALE

5600 Wisconsin Ave. #803  
\$2,075,000; 3 BR, 2.5 BA  
Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #407  
\$1,375,000; 2 BR + Den, 2.5 BA  
Views, Balcony; 2,092 SqFt

5610 Wisconsin Ave. #1606  
\$1,995,000; 2 BR + Den, 2.5 BA  
Renovated, Balcony; 2,770 SqFt

5610 Wisconsin Ave. #406  
\$1,200,000; 2 BR, 2.5 BA  
Tree views, Balcony; 2,023 SqFt



**Zelda Heller, Jamie Coley & Leigh Reed**  
of Long & Foster Real Estate  
Exclusive Affiliate of Christie's International

240.800.5155 Main Office  
202.669.1331 Cell  
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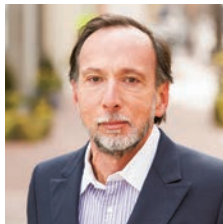
# Happy New Year to you and your loved ones

Are you looking for a new home in the new year?

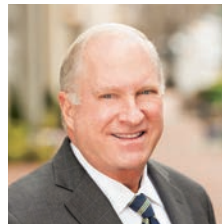
Contact the Sam Solovey Group to begin  
planning your 2019 home search.



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**Richard Gross**  
Realtor® MD  
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## Friendship Heights Caregivers Group Survey

The Friendship Heights Village Center is in the process of planning a series of presentations and discussions on adult caregiving issues. Programs will be offered monthly on a weekday afternoon. We're looking for your help to determine which days, times and topics are best for you. Copies of a survey are available at the Center front desk. Please indicate the following:

The most convenient day/time for me to attend the meetings are (circle one): Wednesday or Friday afternoons, 3 to 4:30 p.m.

Topics of interest: Coping with memory loss; Where to get help here in the community; dealing with anger: mine and my loved one; strategies to stop my loved one from driving; asking for help from family members'; financial help resources; family and holiday celebrations; diagnosed dementia conditions; planning for the future; coping with parent's memory loss; and coping with adult child with disabilities.

Please stop by the Village Center and let us know which dates, times and topics you prefer.



## Friendship Heights VILLAGE NEWS

Friendship Heights Village Center  
 4433 South Park Avenue  
 Chevy Chase, Maryland 20815

### Like us on Facebook:

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[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

**Email:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**Phone:** 301-656-2797

**January 2019 events calendar**